

May 5, 2020
For Immediate Release

SQUIRREL FLOWER RELEASES “[TAKE IT OR LEAVE IT](#)” B/W “[SO HOT YOU’RE HURTING MY FEELINGS](#)” (CAROLINE POLACHEK COVER)



Photo Credit: Maria Gelsomini

Squirrel Flower - moniker of **Ella O’Connor Williams** - releases a new standalone single, “**Take It or Leave It**,” and a cover of Caroline Polachek’s “**So Hot You’re Hurting My Feelings**.” “Take It or Leave It” originally appeared on a 7” alongside Williams’ ethereal and warm debut, ***I Was Born Swimming***, released earlier this year on **Polyvinyl**. Throughout the emotive, melancholy track, Williams plays her grandmother’s accordion and grandfather’s nylon string guitar. “So Hot You’re Hurting My Feelings” is an explosive cover of Polachek’s original.

“For the last show of my truncated tour in March, my band and I decided to play a cover of ‘So Hot You’re Hurting My Feelings’ after rehearsing it once during sound check (we are all huge Caroline Polachek fans),” says Williams. “It was the last song I played live before quarantine. I got home from tour and immediately recorded it in my basement.”

STREAM “TAKE IT OR LEAVE IT”

<https://youtu.be/7Drt7f4ATH4>

STREAM "SO HOT YOU'RE HURTING MY FEELINGS"

<https://youtu.be/3kWVtwjsAxx>

LISTEN TO "STREETLIGHT BLUES"

<https://youtu.be/BJKgeT9OTVs>

WATCH THE VIDEO FOR "HEADLIGHTS"

https://youtu.be/JuMgMoF_vf8

WATCH THE VIDEO FOR "RED SHOULDER"

<https://youtu.be/pge3R8wbvII>

DOWNLOAD / STREAM *I WAS BORN SWIMMING*

<https://smarturl.it/born-swimming>

PURCHASE *I WAS BORN SWIMMING*

<https://plyvnyl.co/born-swimming>



"Take It or Leave It" b/w "So Hot You're Hurting My Feelings" Track Artwork

PRAISE FOR *I WAS BORN SWIMMING*

"Both in sound and scope, *I Was Born Swimming* centers on impermanence and solitude. Squirrel Flower sets time and place in conflict with themselves, both constantly shifting, but not necessarily progressing. Guitar lines sit suspended in air or erupt, churning with an intensity that makes their continuance feel immovable."

- *NPR Music*

"Listening to *I Was Born Swimming* feels like stepping into a warm, cathartic bath. The album contains peaceful, almost-ambient songs as well as heavy, hook-laden rockers — and both moods match perfectly with Williams' honey-dipped vocals."

- *Rolling Stone*

“moody country tracks that detail tatters of lost relationships and crunchy rock songs that document her growing fortitude.” - *Stereogum*

“*I Was Born Swimming* showcases a specific intimacy that belies the elevated profile that such a label move signifies; you can imagine hearing these songs coming from a distant room, and you might feel a little guilty enjoying them — as if you were peering in on someone's private life.” - *The FADER*

SQUIRREL FLOWER ONLINE:

<http://www.squirrelflower.net/>

<https://www.facebook.com/sqrrflwr/>

<https://twitter.com/sqrrflwr>

<https://squirrelflower.bandcamp.com/>

<https://pitchperfectpr.com/squirrel-flower>

<https://www.instagram.com/sqrrflwr/>

<https://open.spotify.com/artist/7bI1v9NGBBhq8iGfytctni>

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